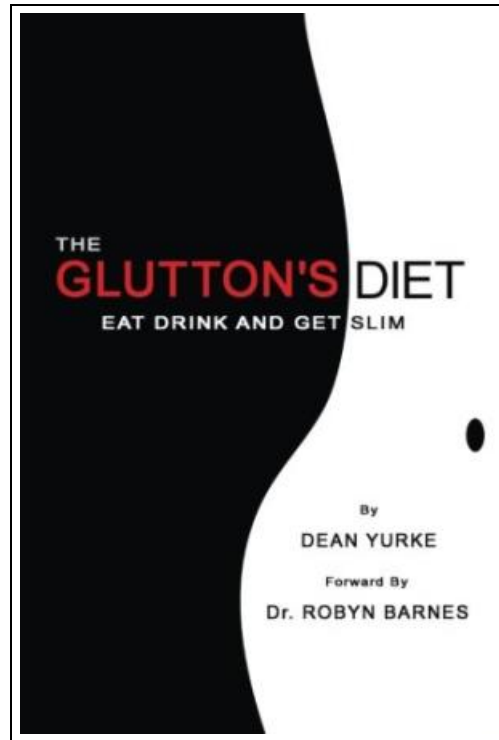


The Gluttons Diet: Eat, Drink and Get Slim



Filesize: 7.24 MB

Reviews

Extremely helpful to all category of individuals. I have got go through and that i am confident that i will likely to read through once again again later on. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Nikita Herzog)

THE GLUTTONS DIET: EAT, DRINK AND GET SLIM

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Createspace. Paperback. Condition: New. This item is printed on demand. 210 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. Hello, my name is Dean and I love gorging on big meals, I love drinking wine and I love being lazy. . . but two years ago I was 50 pounds overweight because of this! Today I still love gorging on big meals, I still love drinking wine and I still dont exercise for weight loss, but Im now 50 pounds lighter and Im healthier and happier than ever! With The Gluttons Diet, Im going to share with you the amazing true story of what I discovered by accident after I lost weight, without trying, during a nine day business trip to China. On that trip I spent most of my time feasting on delicious twenty course Chinese banquets, drinking far too much wine and being completely lazy. After losing weight by literally being a glutton, I was so shocked by what happened that I spent a year researching why it happened and then amplified the effect by applying simple psychological principles to my everyday eating habits. Over the course of a year I lost over 50 pounds and my total body fat percentage dropped from an obese 29 down to a slim 17. My snoring stopped, my heartburn stopped and my blood pressure and cholesterol levels are now ideal - and all this without exercise. And the irony is that what I thought was a fad diet, turned out to be healthy, natural, ancient and for once in my life, a truly satisfying way to eat! Because so many of my friends and colleagues were blown away by the rapid change in my appearance, they demanded that I document my findings and this book is the result! So now Im sharing my success story...

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